



ERNEST ORLANDO LAWRENCE
BERKELEY NATIONAL LABORATORY

Environment, Health, & Safety Training Program

EHS0061- Ergo Advocate Training Course Syllabus

Subject Category: Ergonomics

Course Length: 7 hours (1 day session)

Delivery Mode: Classroom Training and Hands-on Workshop

Course Prerequisite: EHS 58/59

Medical Approval: None

Frequency: Annually

Course Purpose: The goal of this course .

1. Develop skilled representatives to monitor the ergo situation and problem-solve at the Division level
2. Perform "preventive" Ergo Evals...ID problem postures and implement simple "quick fixes"
3. Manage administrative functions of Ergo DB and Remedy Interactive Ergo Self-assessment programs for Division

Course Objectives:

1. Understand ergonomics risk factors, principles and techniques to perform surveillance
2. Develop analytical observation, problem-solving and product application skills
3. Awareness of best in class furniture & equipment- how to assemble and adjust
4. How to use and manage Ergonomics tools/programs
 - Ergo Database
 - Remedy Interactive Ergo-self Assessment software Admin functions
 - Ergo catalog
5. How to conduct an Ergo Eval with LBNL employees (real-time)

Subject Matter Experts: Ira Janowitz, Mike White

Course Instructional Methods/Materials:

1. Ergo Advocate presentation content binder
2. Hands on exercises- handouts, measurement tools and ergonomic props
3. Furniture, seating and ergo accessories- application and adjustment methods
4. Real-time coaching by Ergonomist of Ergo Advocate while performing actual Ergo Evals post course completion

Performance Criteria: Participants are quizzed on 4 section topics during program and are required to demonstrate their knowledge and skills via 4 hands-on exercises for which they are critiqued.

Web Resource:

- EH&S 58/59 Remedy Interactive Ergo Self-assessment
- Ergo Database "new"
- Ergo Product Catalog
- Ergo Advocates by Division